

# Mindful of Marshmallows

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## ***The Wall Street Journal:***

First developed by psychologist Walter Mischel, the now-famous “marshmallow test” found large differences in how long 4-year-olds could wait before consuming a treat—with self-control strongly linked to higher SAT scores and other positive outcomes later in life.

Other studies have suggested an inborn ability to delay gratification, but a new paper points to a role for nurture as well. In the study, 28 3- to 5-year-olds were promised art supplies and stickers, only to have this promise broken. The other group of kids got the promised items.

Read the whole story: [The Wall Street Journal](#)